

What day is July 9? Origin of International No Bra Day

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Today is the 190th day of the year and we have 175 days left in 2025. This article will tell you all the interesting things about July 9, including historical events that happened on this day.

Did you know that on this day in 1988, Donald Trump became Mike Tyson's advisor? He advised him on both business and boxing, although he hired a professional to help. Read on for more fun and interesting facts about July 9th in history!

July 9th is 'National No Bra Day'. It is a day that calls on women to not wear bras and enjoy the feeling of being free of their breasts for 24 hours with the message 'Free your breast'.

In addition to July 9, the world has another day that calls on women not to wear bras, which is October 13.

Origin of International No Bra Day

No bra day was initiated by Anastasia Doughnuts, a Facebook user, with the message: "Free your breast" in 2011.



There is also another opinion that No Bra Day originated from Dr. Mitchell Brown, a plastic surgeon in Toronto, Canada in 2011. He created this occasion to raise awareness about mastectomy surgery.

As soon as it appeared, this event quickly spread around the world, attracting 400,000 participants, of which more than 250,000 were Facebookers.

The meaning of International No Bra Day 9/7

Raising awareness of breast cancer and advocating for gender equality.

To promote to many women about the harmful effects of wearing bras. If wearing bras for a long time or wearing bras that are too tight will reduce blood circulation to the breasts and increase the risk of breast cancer. The consequence is prolonged treatment, breast removal surgery for women.

International No Bra Day on July 9 also calls on women around the world to take off their bras and enjoy the feeling of freedom for 24 hours.

The results of a recent survey show that about 80% of women in the world wear inappropriate bras.

1. Wearing a bra more than 12 hours a day but not while sleeping: Risk of getting cancer at a rate of 1/7.
2. Wearing a bra less than 12 hours a day: The risk of getting breast cancer is only 1/152.
3. Not wearing a bra or rarely wearing one: Breast cancer risk drops to 1/168.
4. Wearing a bra 24/7: 3/4 people will have a risk of developing breast cancer, 125 times higher than those who do not wear a bra.

Benefits of not wearing a bra

In addition to reducing the risk of breast cancer, going braless also has many health benefits.

Improved bust size

Your bust will not be squeezed and hugged when not wearing a bra. This helps your bust have space to develop. In addition, when the body moves, not wearing a bra will cause the bust to adjust itself to resist the impact and movement, making the chest muscles become firmer. This helps the bust to be fuller and rounder.

Bring a good night's sleep

Sleeping 'free' will help you avoid being entangled by the straps and underwires of your shirt when you turn over, limit the impact and pressure on your heart, and improve the condition of chest tightness and shortness of breath when you lie on your side. These things help you sleep deeper and 'better'.

Improve blood circulation

'Going braless' helps the body not be compressed by straps and underwire, so blood circulation and energy in the body will be more favorable.

Increases the body's ability to eliminate toxins

Wearing a bra that is too tight, the skin is stuffy, the chest area is constantly tightly bound, making it difficult for the sweat glands in the body to exchange. This creates favorable conditions for harmful bacteria to grow. Therefore, 'freeing' the bust will help the sweat glands work more easily, helping to eliminate toxins, reduce the risk of disease, and help the immune system and resistance develop.

Events that have occurred on July 9 in history

1. 2015 - Comic-Con celebrates its 48th annual event in San Diego.
2. 2001 - The British television series "The Office" first airs on the BBC.
3. 1988 - Donald Trump becomes Mike Tyson's advisor.
OTD.
4. 1981 - Nintendo releases the video game Donkey Kong in Japan.
5. 1979 - NASA's Voyager 2 spacecraft flies by Jupiter, continuing its journey toward Saturn.
6. What day is June 21?

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